

Abstract

Title:

Weight reduction before a high level of competition in judo

Aims of the study:

The aim of this work is the detailed description of weight loss in elite judo athletes on the diet composition and dosage of exercise.

Method:

To obtain the input data for the assessment of body composition was used questionnaire method.

Results:

The results of our study indicate that reduction of body weight in judo is greatly influenced by individual variability of the individual and is reflected in a different approach to the reduction.

Keywords:

body weight reduction, judo, nutrition, diet